

3-Month Intensive Photography Program

Theme: *"Mastering Photography in 90 Days"*

Overview:

This condensed program is designed to immerse you in photography by focusing on key themes and technical skills. Each week features a specific challenge aimed at jumpstarting your creativity and refining your abilities.

Structure:

- **Weekly Themes:** Focus on a single photographic concept each week.
- **Daily Practice:** Dedicate ~1 hour per day to your craft.
- **Reflection & Sharing:** Document progress and share your work to track growth.

Month 1: Foundational Skills & Light

Week 1: Mastering Light

- Explore how light transforms subjects at different times of the day.
- Projects:
 - Capture morning light through windows, landscapes, or street scenes.
 - Shoot silhouettes of people, trees, or buildings against a sunset.
 - Use artificial light sources, like lamps or candles, to create mood.
 - Experiment with backlighting and lens flare.

Reflection Prompt: How does light shape the emotion of your photos?

Week 2: Composition Techniques

- Practice the rule of thirds, leading lines, and framing.
- Projects:
 - Photograph a landscape using the rule of thirds for balance.

- Use fences, roads, or pathways to create leading lines in your shots.
- Frame a subject with windows, doorways, or natural elements like trees.
- Capture patterns or symmetry in architecture or nature.

Reflection Prompt: Which composition technique resonates most with your style?

Week 3: Texture & Detail

- Dive into macro photography and explore intricate details.
- Projects:
 - Take close-up shots of natural textures like leaves, bark, or flowers.
 - Highlight industrial textures such as rusted metal or peeling paint.
 - Explore textures in fabric, like knitted patterns or silk folds.
 - Use water droplets or frost to add depth to textures.

Reflection Prompt: How did focusing on texture expand your creative perspective?

Week 4: Black & White Photography

- Experiment with tonal contrasts and shadows.
- Projects:
 - Capture high-contrast scenes, like shadows cast on a wall.
 - Create dramatic portraits emphasizing light and shadow.
 - Shoot black-and-white landscapes to focus on texture and form.
 - Convert colorful images to black and white to study tonal range.

Reflection Prompt: How does removing color change the impact of your photos?

Month 2: Creative Exploration

Week 5: Motion & Movement

- Learn to capture motion through panning, long exposures, and freezing action.

- Projects:
 - Photograph flowing water, like rivers or fountains, with long exposures.
 - Capture fast-moving subjects, such as cars or athletes, using panning techniques.
 - Freeze action in mid-air, like a person jumping or a bird in flight.
 - Use intentional motion blur to create abstract effects.

Reflection Prompt: What technical adjustments were key to capturing motion effectively?

Week 6: Storytelling in Photography

- Develop narratives through sequences and meaningful compositions.
- Projects:
 - Document a typical day by capturing key moments from morning to night.
 - Create a photo essay focusing on a single object or theme.
 - Tell a story in three images: beginning, middle, and end.
 - Capture candid moments that convey emotion or connection.

Reflection Prompt: How did storytelling influence your shot selection?

Week 7: Portraiture Basics

- Experiment with natural light and environmental portraits.
- Projects:
 - Take portraits using window light for soft, natural illumination.
 - Photograph someone in a meaningful environment, like their workspace or home.
 - Capture candid expressions during a conversation or activity.
 - Create a series of self-portraits exploring different moods and angles.

Reflection Prompt: What did you learn about connecting with your subjects?

Week 8: Urban Exploration

- Focus on architectural patterns, street photography, and cityscapes.

- Projects:
 - Highlight geometric patterns in modern or historical buildings.
 - Photograph bustling street scenes, focusing on interactions or motion.
 - Experiment with reflections in puddles, windows, or metallic surfaces.
 - Capture cityscapes at night using long exposures and light trails.

Reflection Prompt: What unique stories did you uncover in urban settings?

Month 3: Mastery & Reflection

Week 9: Color & Mood

- Study color theory and its emotional impact.
- Projects:
 - Photograph monochrome scenes dominated by a single color, such as blue or red.
 - Pair complementary colors, like yellow flowers against a purple sky.
 - Seek out pastel tones in nature or urban settings.
 - Use bold, vibrant colors to create dynamic compositions.

Reflection Prompt: How did working with color change your approach to photography?

Week 10: Nature & Landscapes

- Capture wide vistas, intimate natural details, and water scenes.
- Projects:
 - Photograph dramatic skies, mountains, or rolling hills.
 - Focus on small natural details, like dew-covered spiderwebs or flower petals.
 - Capture reflections in lakes or streams for symmetrical compositions.
 - Use varying shutter speeds to photograph moving water, like waterfalls or waves.

Reflection Prompt: How did nature influence your creative mindset?

Week 11: Abstract Photography

- Use light leaks, patterns, and minimalism to create abstract compositions.
- Projects:
 - Create abstract effects using intentional camera movement.
 - Photograph shadows or reflections in unconventional ways.
 - Highlight repeating patterns, like tiled floors or stacked objects.
 - Simplify scenes by focusing on color blocks or unique textures.

Reflection Prompt: What stories can abstract photography tell?

Week 12: Portfolio Building

- Select and refine your best work from the program.
- Projects:
 - Choose 10–15 of your strongest images and edit them to perfection.
 - Arrange your selected images into a cohesive portfolio with a clear theme.
 - Share your portfolio online or with friends for constructive feedback.
 - Create a photo book or digital slideshow to celebrate your growth.

Reflection Prompt: What themes or techniques define your photographic style?

Tips for Success:

1. **Consistency:** Dedicate daily time to practicing and reviewing your work.
2. **Experimentation:** Use prompts as a guide, but embrace creative freedom.
3. **Documentation:** Keep notes on settings, challenges, and insights.
4. **Feedback:** Share your work for constructive criticism and encouragement.
5. **Celebrate Progress:** Reflect on how far you've come at the end of each week.

